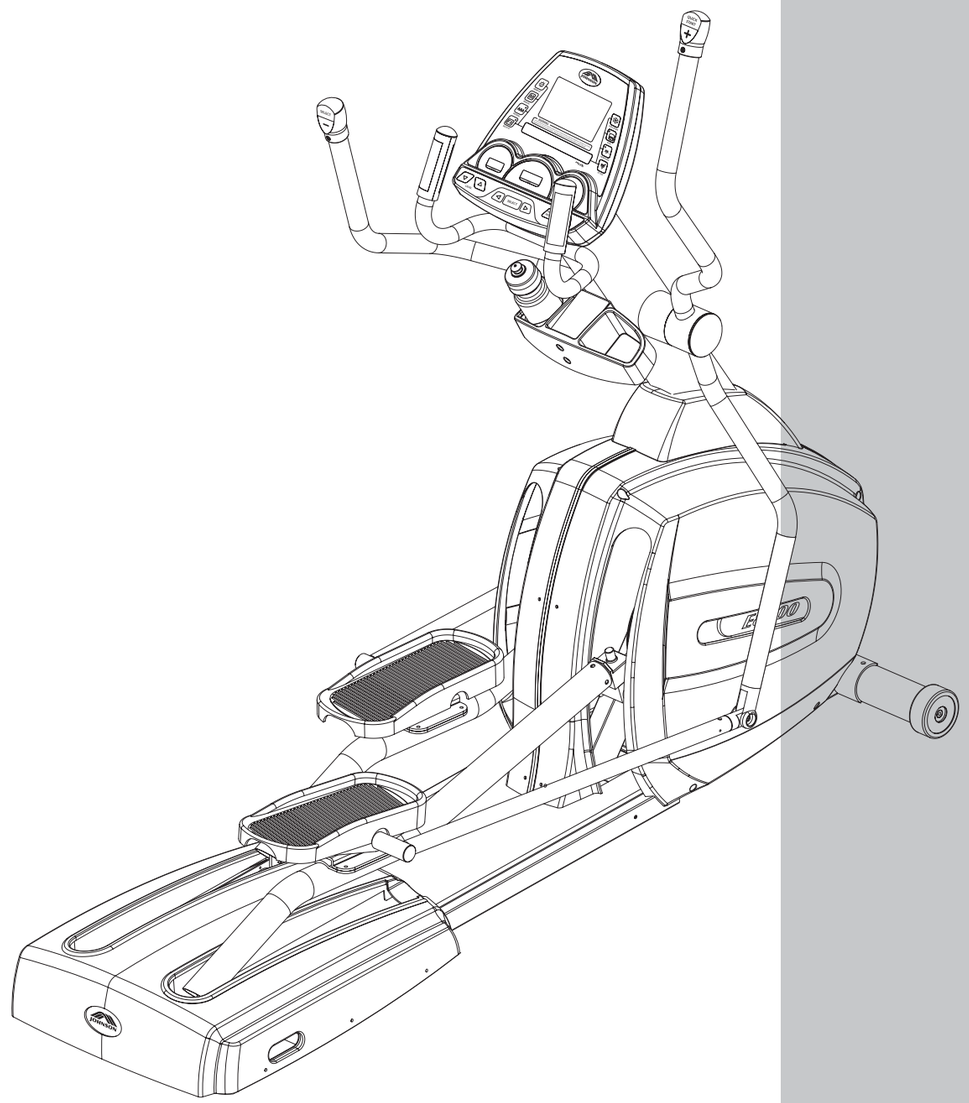
ELLIPTICAL E8000



OWNER'S MANUAL

JOHNSON HEALTH TECH. CO., LTD.

No.26, Ching Chuan Rd., Taya Hsiang, Taichung Hsien 428, Taiwan, R.O.C.

TEL: +886-4-25667100 FAX: +886-4-25601087

E-mail: sales@johnsonfitness.com

http://www.johnsonfitness.com

Oct 12, 07'

SAP#0000082793, v2.0

TABLE OF CONTENTS

INSTRUCTION 02

IMPORTANT SAFETY INSTRUCTIONS 03

SETUP THE ELLIPTICAL 04
- Getting Started
- Making A Choice Of Site
- Stabilizing The Johnson Elliptical Trainer
- Unpacking The Total Body Elliptical Trainer

ASSEMBLY 06
- Fasteners & Assembly Tools
- Assembly Instructions

SERIAL NUMBER LOCATION 13

USING THE WORKOUTS 14
- Display Console
- Workout Parameter Prompts
- Workout Overviews
- Workout Tips
- Workout Setup Steps
- Using Fitness Networking

MANAGER'S CUSTOM MODE 23
- The List Of Manager's Custom Mode

MAINTENANCE 25
- Daily Inspection
- Daily Maintenance
- Monthly Maintenance
- Recycling the Battery

PRODUCT SPECIFICATIONS 26

INSTRUCTION

This Owner's Manual describes the functions of the following product: Johnson Total Body Elliptical Trainer E8000.
See "Product Specifications"(Page 26) in this manual for product specific features.
The Johnson Total Body Elliptical Trainer E8000 is intended for commercial use.

It is recommended that all users of Johnson Fitness exercise equipment should be informed of the following information prior to its use.
When using the Johnson Total Body Elliptical Trainer, always follow basic precautions:

- To ensure your safety and to protect the unit, read all the instructions before assembling and using the Total Body Elliptical Trainer.
- To ensure the proper use and safety of the Total Body Elliptical Trainer, make sure that all users read this manual. Please make this manual a part of your facility's training program. Remind the users that before undertaking any fitness programme, they should obtain complete physical examinations from their physicians. If, at any time while exercising, the user experiences dizziness, pain, or shortness of breath, nausea or feels faint, he or she must stop immediately.

SAVE THIS OWNER'S MANUAL FOR FUTURE REFERENCE.

JOHNSON ELLIPTICAL E8000

IMPORTANT SAFETY INSTRUCTIONS

READ AND SAVE ALL INSTRUCTIONS before assembling or using the Johnson Elliptical Trainer. It is strongly recommended to take the following safety instructions.

- Do not use this product outdoors, near swimming pools or in areas of high humidity.
- Do not allow children or those unfamiliar with its operation on or near the Johnson Total Body Elliptical Trainer. Do not leave children unsupervised around the unit.
- Never drop or insert objects into any opening. Keep hands away from moving parts. If the item cannot be reached, contact the Johnson authorized dealer for assistance.
- Do not wear any clothing that might catch on any moving parts of the Total Body Elliptical Trainer.
- Do not turn pedals by hand, and do not use this product in bare feet.
- Do not dismount the Total Body Elliptical Trainer until the pedals are a complete stop.
- When mounting or dismounting the Johnson Total Body Elliptical Trainer, use the stationary handlebar whenever additional stability is required. While exercising, hold onto the moving arms.
- Never use on the Johnson Total Body Elliptical Trainer while facing backwards.
- Keep the area around the Johnson Elliptical Trainer clear of any obstructions, including walls and furniture. Ensure that there are a few feet of clearance in front of the Total Body Elliptical Trainer.
- Assemble and operate the Johnson Total Body Elliptical Trainer on a solid, level surface.
- If you plan to move the unit, obtain help and use a hand truck. Do not grasp any plastic parts while lifting or moving the unit. The unit is too heavy and the plastic parts will break.
- Never operate the unit if it is damaged, not working properly, when it has been dropped, or has been dropped in water.
- Do not step on or set any object on the top of the pedal lever covers or the rear platform.
- **CAUTION!** If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- **CAUTION!** Any changes or modifications to this equipment could void the product warranty.

SETUP THE ELLIPTICAL

GETTING STARTED

Read the Owner's Manual before setting up the Johnson Elliptical Trainer. Place the unit where it will be used before beginning the setup procedure.

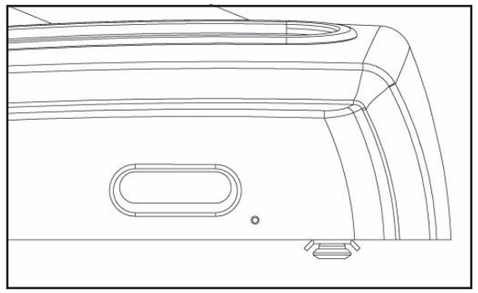
MAKING A CHOICE OF SITE

The site should be well-lit and well-ventilated. Locate the E8000 on a structurally solid and flat surface a few feet from the wall or any equipment. If the site has a heavy plush carpet, to protect the carpeting and machinery, you should place a rigid plastic base under the unit.

Please do not place the Total Body Elliptical Trainer in an area of high humidity, such as the vicinity of a steam room, indoor pool, or sauna. Exposure to intensive water vapour or chlorine could adversely affect the electronics, as well as other parts of the machine. To make exercise a desirable daily activity for you, the Total Body Elliptical Trainer should be in an attractive setting.

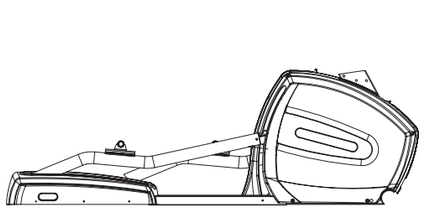
STABILIZING THE JOHNSON ELLIPTICAL TRAINER

After placing the unit where it will be used, check its stability. If the Elliptical E8000 is placed on a slightly, uneven surface, adjusting the adjustable levelers located underneath the base frame can help, but will not compensate for extremely uneven surfaces. To adjust, loosen the nut, and turn the leveler until the rocking motion ceases, and both levelers rest firmly on the floor. Retighten the nut.

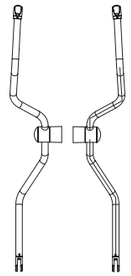


UNPACKING THE TOTAL BODY ELLIPTICAL TRAINER

The Elliptical Trainer is carefully inspected before shipment so it should arrive in good operating condition. Johnson Fitness ships the unit in the following pieces:



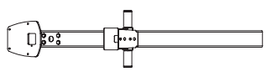
(A)



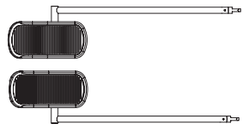
(D)

(H)

(I)



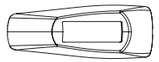
(B)



(E)

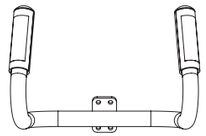
Hardware Kit

(J)



(C)

(F)



(G)

A) Main Frame Assembly
B) Console Mast
C) Console Mast Boot
D) Dual-Action Handrails
E) Pedal Arms
F) Front Foot
G) Handlebar Set
H) Console
I) Accessory Tray
J) Hareware Kit

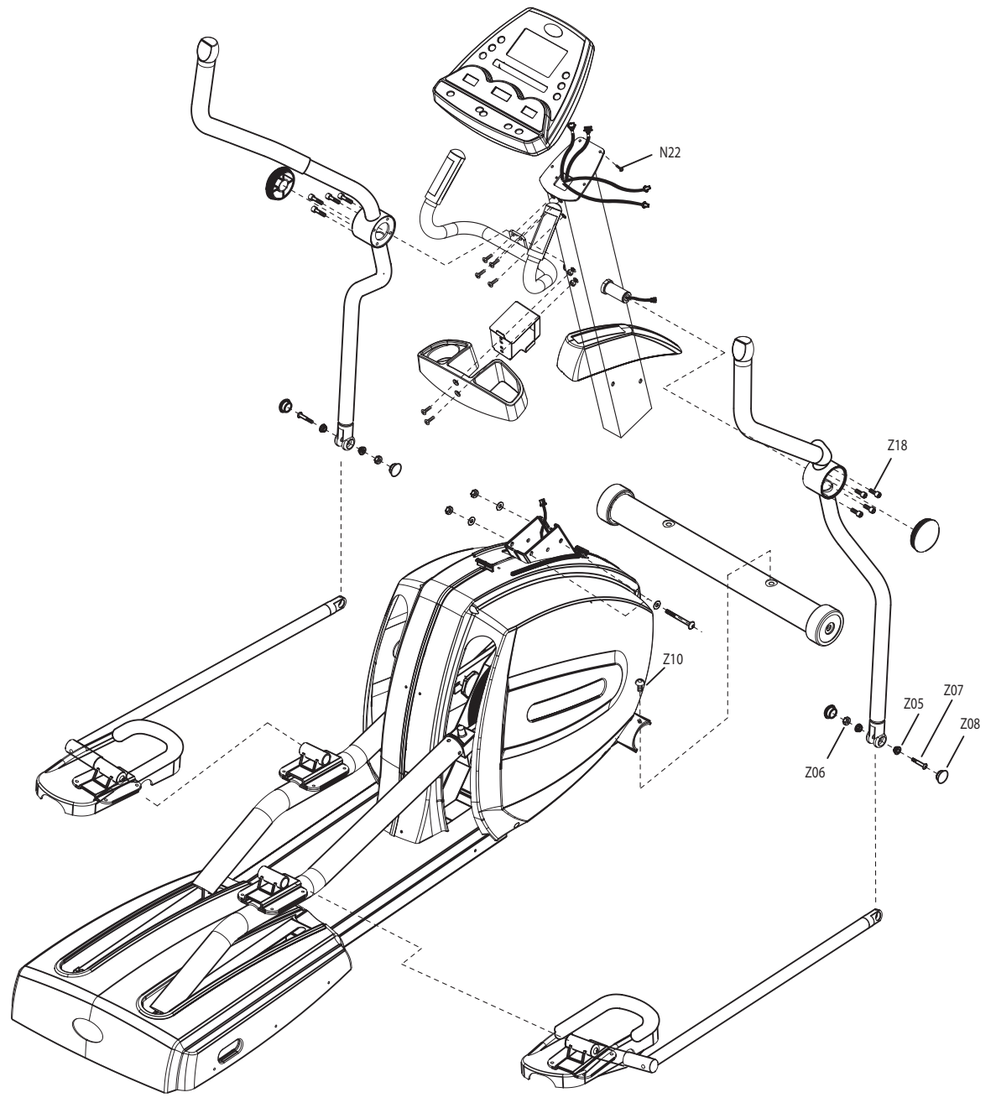
NOTE: If these parts are missing from the package, please contact Johnson Fitness or the local authorised dealers at once.

ASSEMBLY

FASTENERS & ASSEMBLY TOOLS

PARTS NO.	DESCRIPTION	QUANTITY	SKETCH	COLOR OF BAG
Z10	Socket Buttonhead Screw (M8 X 1.25p X 20mm)	2		Yellow
Z03	Socket Buttonhead Screw (M8 X 1.25p X 80mm)	2		Red
Z04	Flat Washer (Ø8.2)	4		
Z07	Nylon Nut (M8 X 1.25p)	2		
Z05	Bushing	4		Black
Z06	Buttonhead Bolt (M8 X 1.25p X 35mm)	2		
Z07	Nylon Nut (M8 X 1.25p)	2		
Z18	Buttonhead Screw (M6 X 1.0p X 20mm)	8		
Z01	Buttonhead Screw (M8 X 1.25p X 16mm)	8		
Z02	Spring Washer (Ø8.2)	8		
Z22	Cross Head Screw (M5 X 0.8p X 25mm)	2		Pink
Z24	Spring Washer (Ø8.2)	4		
Z25	Socket Head Screw (M8 X 1.25p X 25mm)	4		
Z08	Link Arm Cap	4		
Z14	#5 L-type Wrench (120L)	1		
Z20	#6 T-type Wrench (167L)	1		
Z19	Phillips Screwdriver	1		
Z17	Wrench (#13)	1		

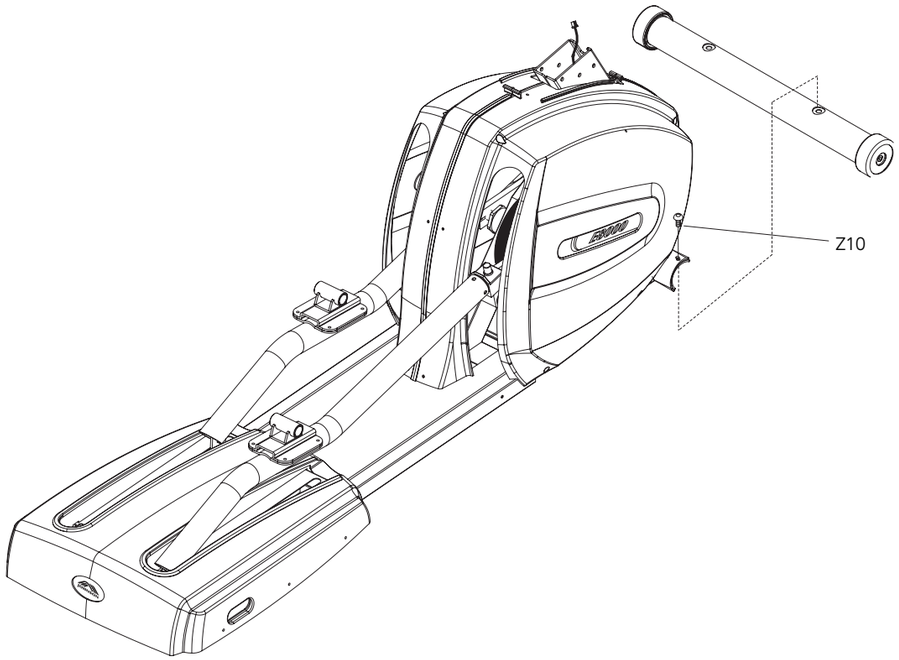
ASSEMBLY EXPLODED DIAGRAM



STEP 1

1). Lift up the Main Body at the front end. Ask your assistant to insert the wooden or hard box underneath the Main Body while you lift up the Main Body.

2). Fasten the Front Foot to the Main Body by using two screws (Z10).



STEP 2

- **Console Mast**

  1). Thread the Console Mast through the Console Mast Boot.

  2). Feed the cable through the Console Mast. Tape the cable to the top of the Console Mast to secure it temporarily.

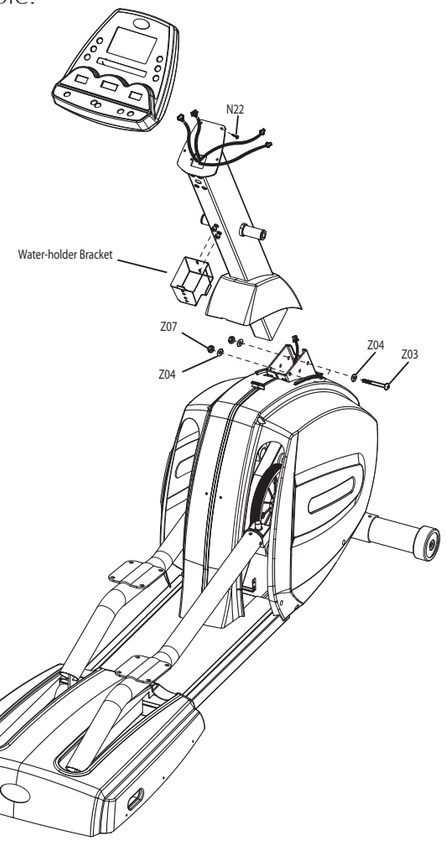
  3). Attach the Console Mast to the Base Frame using two screws (Z03), four washers (Z04) and two nylon nuts (Z07). Ask your assistant to hold the Console Mast while tighten screws.

  4). To fix the water-holder bracket to the console mast by hanging it onto the 2 bolts and then use #5 L-type wrench to tighten the screws.

- **Console**

  1). Connect the cable inside the Console, and unscrew the screws attached the back of the Console.

  2). Attach the Console to the top of the Console Mast using the same screws attached the back of the Console.



STEP 3

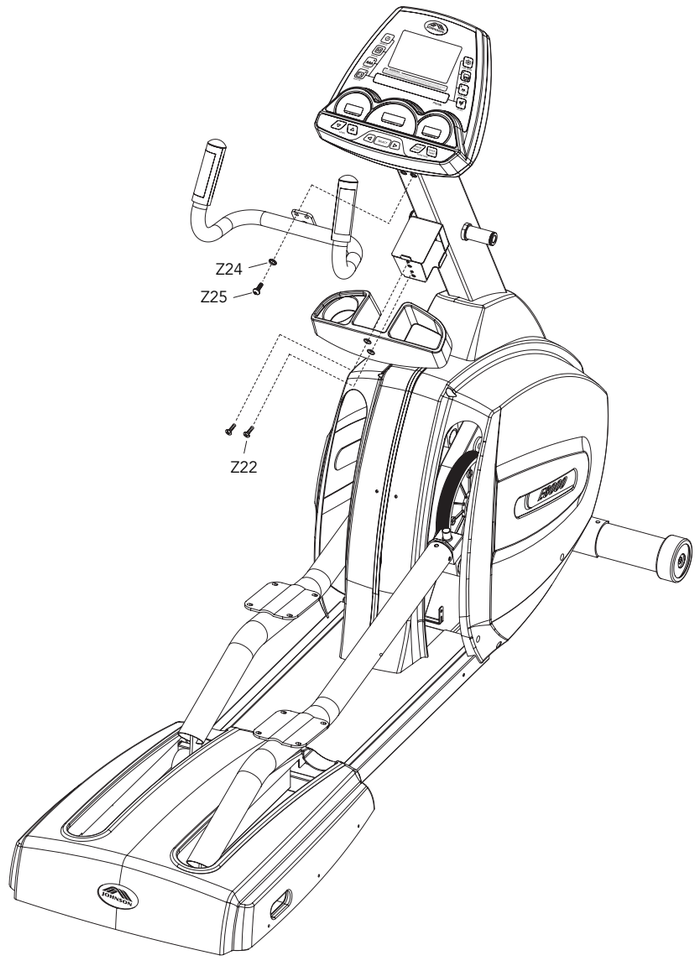
- **HR Handgirps**

  1). Plug in the heart rate wires to the wires from the Console Mast.

  2). Attach the heart rate handgrips to the Console Mast by using four screws (Z25) and washers (Z24).

- **Accessory Tray**

  Attach the Accessory Tray to the positioned base of the accessory tray by using two screws (Z22).



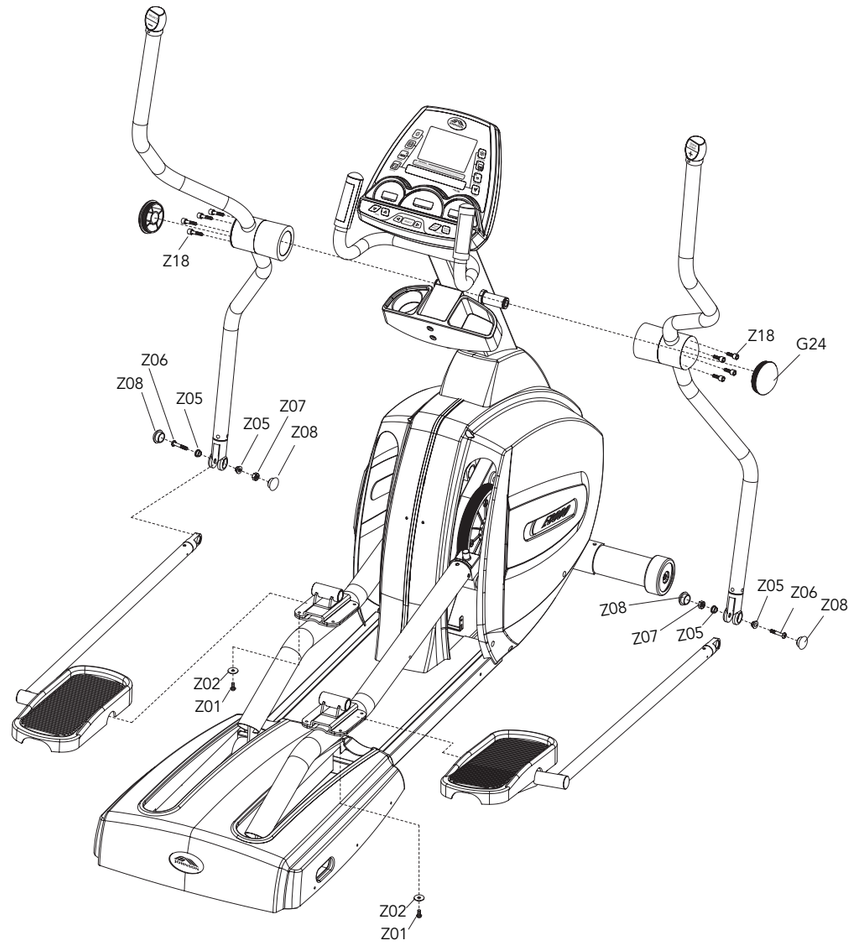
STEP 4

1). Attach the Dual-Action handrail (R) and (L) to the Console Mast using screws (Z18), and place the handlebar caps around the handlebars.

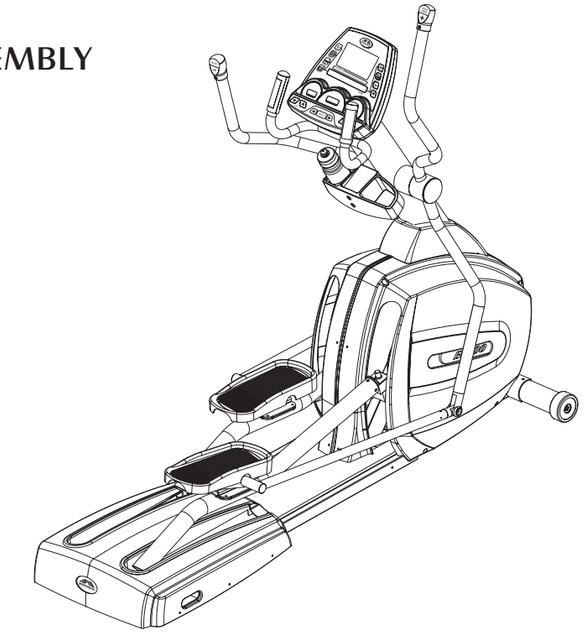
2). Fasten the link arm(R) and (L) to the pedal arms using screws (Z01) and washers (Z02).

3). Attach the Dual-Action handrails to the link arms using bolts (Z06), bushings (Z05), and nylon nuts (Z07).

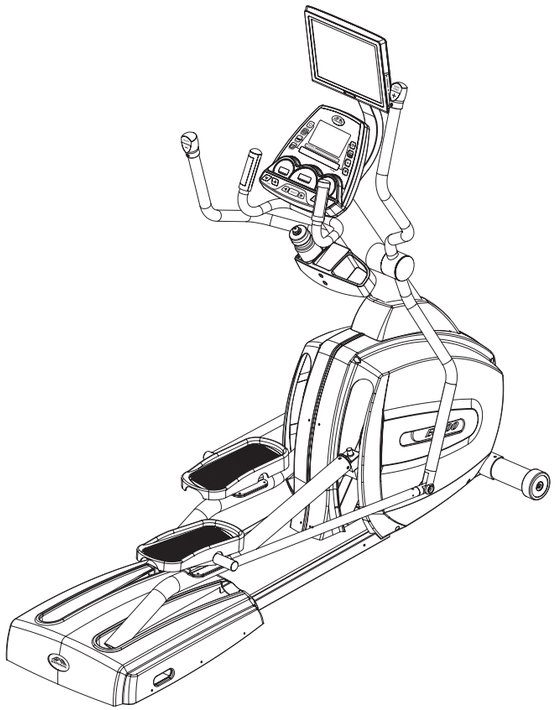
4). Align the cut-out inside the link arm caps (Z08) with the link arm mounting hole. Apply pressure to the cap until it snaps into place.



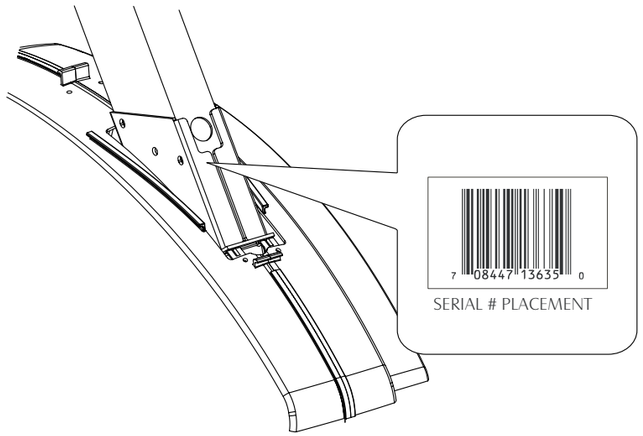
FINAL ASSEMBLY



OPTIONAL ENTERTAINMENT SHOWN



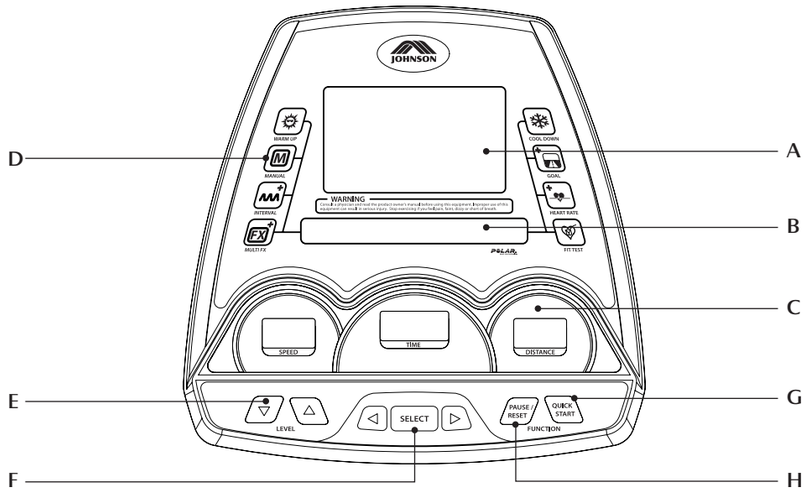
SERIAL NUMBER LOCATION



SERIAL # PLACEMENT

USING THE WORKOUTS

DISPLAY CONSOLE



A. WORKOUT PROFILE WINDOW:

During a workout, this window displays shapes, made of triangle columns of lights, which represent the levels of intensity in a workout-in-progress. The height of the furthest column is proportional to the current level of the intensity.

B. INSTURCTION CENTER:

This window displays step-by-step instructions for setting up a workout.

C. INFORMATIONAL DISPLAY:

During a workout, three sets of numbers, including Speed, Time and Distance, display statistics about the progress of the workout.

D. PROGRAM PLUS™ KEYS

Press the key to select one of the workouts. The program key with a symbol of plus "+" represents this key including additional workout options. Press this key repeatedly for similar workout options.

E. LEVEL ARROW KEYS

During a workout, pressing the UP or DOWN arrow can adjust intensity levels.

F. RIGHT / LEFT ARROW KEYS

A pair of RIGHT and LEFT arrows is located on the side of SELECT. Use arrows, when setting up a workout, to change workout parameters displayed on the LCD console, such as length of workout, weight, age, heart rate, and intensity level. In addition, the pair of RIGHT and LEFT arrows is corresponding to the arrows in the LCD display.

G. QUICK START

Press QUICK START to begin your workout immediately, without having to select a workout program.

H. PAUSE / RESET

PAUSE: If you need to PAUSE your program during a workout, pressing the PAUSE key will PAUSE your program for 30 seconds. Pressing START will return you to your workout.

NOTE: *Pause time is only capable of existing for the bike equipped with the battery.*

RESET: If you need to RESET the console during your workout, you can do so by holding down the PAUSE/RESET button for three seconds, or until the display resets.

WORKOUT PARAMETER PROMPTS

This section lists the default value and value range of workout parameters appeared in the PROMPT AREA, located in the bottom of WORKOUT PROFILE WINDOW. Before an exercise session, each parameter prompt will appear here depending on different programs.

PROMPT	DEFAULT	MINIMUM	MAXIMUM	UNIT
TIME	20	5	99	minute
LEVEL	1	1	20	
WEIGHT	68 / 150	34 / 75	182 / 400	kg / lbs
AGE	30	10	99	years old
DISTANCE	5 / 3	1 / 1	80 / 50	km / mile
CALORIES	500	50	5000	cal.
WATTS	150	50	350	watt
Heart Rate	n/a	52	200	beat
GENDER	MALE	MALE	FEMALE	

NOTE: *The workout time is a "countdown" display according to the default time or the maximum time that a user inputs. When the workout time is inputted as "0", the time will count up from a zero to the maximum time.*

WORKOUT OVERVIEWS

This chart lists the Johnson elliptical trainer's pre-programmed workouts.

PROGRAM NAME		DESCRIPTION	DEFAULT TIME	PROMPT INPUT
QUICK START		Quick Start is the fastest way to begin exercising and bypasses the setup prompts. After pressing the QUICK START key, a constant-level workout begins.	N/A	N/A
WARM UP		Warm-up is a low-intensity phase that brings the heart rate into the lower end of the target zone and increases respiration and blood flow to working muscles.	N/A	Time
COOL DOWN		Cool-down is a low-intensity phase that allows the body to begin removing lactic acid, and other exercise by-products, which build up in muscles and contribute to soreness.	N/A	Time
MANUAL		Manual is a constant intensity level unless it is manually changed.	20 min	Time, Weight
INTERVAL+	HILL INTERVAL	Hill Interval is an efficient workout by alternating work intervals and recovery intervals.	20 min	Level, Time, Weight
	RANDOM HILL	Random Hill is an interval training workout that occurs in no regular pattern or progression.	20 min	Time, Weight
MULTI FX+	CONSTANT WATTS	Constant Watts is designed to maintain your watts expenditure at a constant level by controlling pedaling resistance and prompting you to pedal at a specified RPM. Watts level may vary above and below your target watts level during this program.	20 min	Watts, Time, Weight
	RANDOM	Random is a workout of constantly changing intensity levels that occur in no regular pattern or progression.	20 min	Level, Time, Weight

PROGRAM NAME		DESCRIPTION	DEFAULT TIME	PROMPT INPUT
GOAL+	TIME GOAL	Time Goal sets exercise duration as the workout goal. Once the objective is met, the workout automatically goes into a cool-down phase and ends afterward.	20 min	Time, Weight
	DISTANCE GOAL	Distance Goal is designed to build endurance in a certain distance. Once the objective is met, the workout automatically goes into a cool-down phase, and ends afterward.	N/A	Distance, Weight
	CALORIES GOAL	Calories Goal is designed to burn a certain number of selected calories. Once the objective is met, the workout automatically goes into a cool-down phase and ends afterward.	N/A	Calories, Weight
HEART RATE+	TARGET HR	Target HR is a higher intensity workout for maintaining a heart rate to achieve maximum exercise results. The user must wear a heart rate chest strip, or keep hands on contact heart rate grips continuously. The program adjusts the intensity level, based on the actual heart rate, to maintain the rate at 80 percent of the theoretical maximum.	20 min	Age, HR, Time, Weight
	WEIGHT LOSS	Weight Loss is a low-intensity workout for burning the body's fat reserves. The user must wear a heart rate chest strip, or keep hands on contact heart rate grips continuously. The program adjusts the intensity level, based on the actual heart rate, to maintain the rate at 65 percent of the theoretical maximum.	20 min	Age, HR, Time, Weight
FIT TEST		Fit Test measures cardiovascular fitness and can be used to monitor improvements in your endurance.	12 min	Gender, Age, Level, Weight

WORKOUT TIPS

1. Johnson Fitness strongly recommends seeing your physician for a complete physical examination before beginning any fitness program. Know your physician-recommended heart rate target zone. If, at any time while exercising, you experiences faintness, dizziness, pain, or shortness of breathe, you must stop immediately.
2. To mount the elliptical trainer, grasp the front stationary handlebars and place your feet on the pedals. When you are comfortably situated, begin pedaling. To dismount the elliptical trainer, stop pedaling, grasp the front stationary handlebars and get off the unit.
3. It is highly recommended that you always incorporate the warm-up and cool-down period into your workout. Warm-up brings the heart rate into the lower end of the target zone and increases respiration and blood flow to working muscles. Cool-down takes time for a user's heart rate to return to a resting state after vigorous exercise and reduces the amount of lactic acid in muscle tissue.

WORKOUT SETUP STEPS

Different elliptical trainer workouts require different setup procedure. This section provides details for setting up any workout program.

1. Begin to pedal the elliptical trainer.
2. Use the PROGRAM PLUS™ KEYS to enter the program, or use RIGHT / LEFT ARROW keys to scroll to desired program. The program name is displayed in the PROMPT AREA.
3. Use the RIGHT / LEFT ARROW keys to scroll to desired parameter values displayed in the PROMPT AREA.
4. Press the SELECT key to confirm each selection. Follow the steps to set up each workout.

Note: The PROGRAM PLUS™ KEYS with a symbol of plus "+" have couple of similar workout options included. Press the key repeatedly to select the desired program. Or, press the program key once and use RIGHT / LEFT ARROW keys to scroll to the desired program.

QUICK START

Press the "QUICK START" key and the WORKOUT PROFILE WINDOW will display "3, 2, 1, GO!" The workout begins at the default intensity level, and the workout time counts up from "0" to the maximum workout time.

WARM UP

1) Press the "WARM-UP" key to enter the program.
2) "SELECT TIME" using the RIGHT / LEFT ARROW keys, and then press SELECT.
3) Press START to begin a warm-up.

COOL DOWN

1) Press the "COOL-DOWN" key to enter the program.
2) "SELECT TIME" using the RIGHT / LEFT ARROW keys, and then press SELECT.
3) Press START to begin a cool-down.

MANUAL

1) Press the "MANUAL" key to enter the program.
2) "SELECT TIME" using the RIGHT / LEFT ARROW keys, and then press SELECT.
3) "SELECT WEIGHT" using the RIGHT / LEFT ARROW keys, and then press SELECT.
4) Press START to begin the workout.

INTERVAL+

- **HILL INTERVAL**
  1) Repeatedly Press the "INTERVAL+" key to select "HILL INTERVAL", and then press SELECT.
  2) "SELECT LEVEL" using the RIGHT / LEFT ARROW keys, and then press SELECT.
  3) "SELECT TIME" using the RIGHT / LEFT ARROW keys, and then press SELECT.
  4) "SELECT WEIGHT" using the RIGHT / LEFT ARROW keys, and then press SELECT.
  5) Press START to begin the workout.

- **RANDOM HILL**
  1) Repeatedly Press the "INTERVAL+" key to select "RANDOM HILL", and then press SELECT.
  2) "SELECT TIME" using the RIGHT / LEFT ARROW keys, and then press SELECT.
  3) "SELECT WEIGHT" using the RIGHT / LEFT ARROW keys, and then press SELECT.
  4) Press START to begin the workout.

MULTI FX+

- **CONSTANT WATTS**
  1) Repeatedly Press the "MULTI FX+" key to select "CONSTANT WATTS", and then press SELECT.
  2) "SELECT WATTS" using the RIGHT / LEFT ARROW keys, and then press SELECT.
  3) "SELECT TIME" using the RIGHT / LEFT ARROW keys, and then press SELECT.
  4) "SELECT WEIGHT" using the RIGHT / LEFT ARROW keys, and then press SELECT.
  5) Press START to begin the workout.

· RANDOM

1) Repeatedly Press the "MULTI FX+" key to select "RANDOM ", and then press SELECT.
2) "SELECT LEVEL" using the RIGHT / LEFT ARROW keys, and then press SELECT.
3) "SELECT TIME" using the RIGHT / LEFT ARROW keys, and then press SELECT.
4) "SELECT WEIGHT" using the RIGHT / LEFT ARROW keys, and then press SELECT.
5) Press START to begin the workout.

GOAL+

· TIME GOAL

1) Repeatedly Press the "GOAL+" key to select "TIME GOAL", and then press SELECT.
2) "SELECT TIME" using the RIGHT / LEFT ARROW keys, and then press SELECT.
3) "SELECT WEIGHT" using the RIGHT / LEFT ARROW keys, and then press SELECT.
4) Press START to begin the workout.

· DISTANCE GOAL

1) Repeatedly Press the "GOAL+" key to select "DISTANCE GOAL", and then press SELECT.
2) "SELECT DISTANCE" using the RIGHT / LEFT ARROW keys, and then press SELECT.
3) "SELECT WEIGHT" using the RIGHT / LEFT ARROW keys, and then press SELECT.
4) Press START to begin the workout.

· CALORIES GOAL

1) Repeatedly Press the "GOAL+" key to select "CALORIES GOAL", and then press SELECT.
2) "SELECT CALORIES" using the RIGHT / LEFT ARROW keys, and then press SELECT.
3) "SELECT WEIGHT" using the RIGHT / LEFT ARROW keys, and then press SELECT.
4) Press START to begin the workout.

HEART RATE+

· TARGET HR / WEIGHT LOSS

1) Repeatedly Press the "HEART RATE+" key to select "TARGET HR" or "WEIGHT LOSS", and then press SELECT
2) "SELECT AGE" using the RIGHT / LEFT ARROW keys, and then press SELECT.
3) "SELECT HR" using the RIGHT / LEFT ARROW keys, and then press SELECT.
4) "SELECT TIME" using the RIGHT / LEFT ARROW keys, and then press SELECT.
5) "SELECT WEIGHT" using the RIGHT / LEFT ARROW keys, and then press SELECT.
6) Press START to begin the workout.

FIT TEST

1) "SELECT GENDER" using the RIGHT / LEFT ARROW keys, and then press SELECT.
2) "SELECT AGE" using the RIGHT / LEFT ARROW keys, and then press SELECT.
3) "SELECT LEVEL" using the RIGHT / LEFT ARROW keys, and then press SELECT.
4) "SELECT WEIGHT" using the RIGHT / LEFT ARROW keys, and then press SELECT.
5) Press START to begin the workout.

The tables below list fit test results.

FIT TEST'S RESULT FOR MALE

Male	Estimated VO2 Max (ml/kg/min) Per Age Category					
Age \ Rating	Very Poor	Poor	Fair	Good	Excellent	Superior
15 – 19	< 35.0	35.0 – 38.3	38.4 – 45.1	45.2 – 50.9	51.0 – 55.9	> 55.9
20 – 29	< 33.0	33.0 – 36.4	36.5 – 42.4	42.5 – 46.4	46.5 – 52.4	> 52.4
30 – 39	< 31.5	31.5 – 35.4	35.5 – 40.9	41.0 – 44.9	45.0 – 49.4	> 49.4
40 – 49	< 30.2	30.2 – 33.5	33.6 – 38.9	39.0 – 43.7	43.8 – 48.0	> 48.0
50 – 59	< 26.1	26.1 – 30.9	31.0 – 35.7	35.8 – 40.9	41.0 – 45.3	> 45.3
60 +	< 20.5	20.5 – 26.0	26.1 – 32.2	32.3 – 36.4	36.5 – 44.2	> 44.2

FIT TEST'S RESULT FOR FEMALE

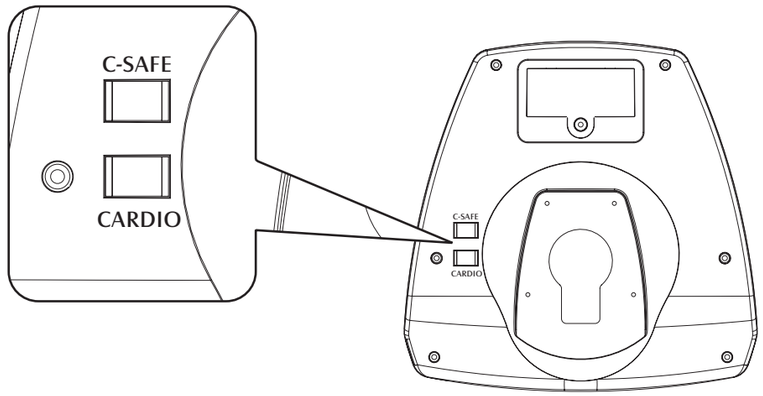
Female	Estimated VO2 Max (ml/kg/min) Per Age Category					
Age \ Rating	Very Poor	Poor	Fair	Good	Excellent	Superior
15 – 19	<25.0	25.0 – 30.9	31.0 – 34.9	35.0 – 38.9	39.0 - 41.9	>41.9
20 – 29	<23.6	23.6 – 28.9	29.0 – 32.9	33.0 – 36.9	37.0 - 41.0	>41.0
30 – 39	<22.8	22.8 – 26.9	27.0 – 31.4	31.5 – 35.6	35.7 - 40.0	>40.0
40 – 49	<21.0	21.0 – 24.4	24.5 – 28.9	29.0 – 32.8	32.9 - 36.9	>36.9
50 – 59	<20.2	20.2 – 22.7	22.8 – 26.9	27.0 – 31.4	31.5 - 35.7	>35.7
60 +	<17.5	17.5 – 20.1	20.2 – 24.4	24.5 - 30.2	30.3 - 31.4	>31.4

USING FITNESS NETWORKING

The two RJ45 networking ports are equipped in Johnson Elliptical Trainer E8000. These ports allow the bike to be connected to a fitness entertainment system and/or a fitness network, such as FitLinxx®.

C-SAFE / CARDIO PORT

The ports are located on the back of the console. The C-SAFE port enables the bike to upload user workout statistics to a fitness network database. The CARDIO port is compatible to entertainment protocol such as Cardio Theater® or BroadcastVision™.



MANAGER's CUSTOM MODE

The Manager's Custom Mode allow the club owner to customize the elliptical trainer for the club.

To enter the Manager's Custom Mode, press and hold down the **"LEVEL ARROW keys ▲▼ "** . Continue to hold down these two keys until the INSTRUCTION CENTER displays "MANAGER MENU".

1. To scroll through the list of Manager's Custom Mode, use the **"LEFT / RIGHT ARROW keys"**, or **"LEVEL ARROW keys"**. The INSTRUCTION CENTER will display, in turn, each of custom settings.
2. To select a custom mode, press the **SELECT** key to enter.
3. To change the value of the setting, use the **"LEFT / RIGHT ARROW keys"**, or **"LEVEL ARROW keys".**
4. To confirm and save the value of the setting, press the **QUICK START** key. **"SETTING SAVED"** will appear in the INSTRUCTION CENTER. To exit the setting without saving, press the RESET key within 5 seconds, or if there is no key pressed, the system will resume automatically.

THE LIST OF MANAGER'S CUSTOM MODES

	CUSTOM SETTING	DEFAULT	MINIMUM	MAXIMUM	UNIT	STEP	DESCRIPTION
P0	MAXIMUM TIME	99 min	20 min	99 min	minute	1	Enable fitness club managers to set the program maximum workout duration limits during peak and non-peak hours of club traffic. Active variable displayed in the TIME display after change.
P1	DEFAULT TIME	20 min	5 min	max. time	minute	1	Control the default program time.
P2	DEFAULT LEVEL	1	1	10	n/a	1	Control the starting resistance level for all programs.
P3	MAXIMUM LEVEL	20	1	20	n/a	1	Enable to set maximum resistance level for all programs.
P4	DEFAULT WEIGHT	68kg / 150lbs	34kg / 75lbs	182kg / 400lbs	kg/lbs	1	Control the default weight used in calorie calculations. Set to default unit change (kilograms or pounds). Displayed in native units.
P5	DEFAULT AGE	30	10	99	age	1	Control the default users age used in target heart rate calculations.
P6	ACCUMU-LATED DISTANCE	N/A	0	104,000 km / 65,000 mile	km / mile	N/A	Accumulated distance is not editable, but only for display. Displayed in native units (miles or kilometers). Holding the Left and Right Arrow keys simultaneously to reset the accumulated distance. After the equipment reaches the maximum distance, it will reset to "0" automatically.

	CUSTOM SETTING	DEFAULT	MINIMUM	MAXIMUM	UNIT	STEP	DESCRIPTION
P7	ACCUMU-LATED TIME	N/A	0	65,000 hrs	hour	N/A	Accumulated time is not editable, but only for display. Holding the Left and Right Arrow keys simultaneously to reset the accumulated time. After the machine reaches the maximum time, it will reset to "0" automatically.
P8	PAUSE TIME	30 sec	30 sec	180 sec	second	1	This is the maximum time during which a workout can remain in pause mode. Restrictions exist for the machine not equipped with a battery.
P9	MODEL	EL	N/A	N/A	N/A	N/A	CB - Upright Bike RB - Recumbent Bike EL – Elliptical Trainer ST - Stepper
P10	LANGUAGE	English	N/A	N/A	N/A	N/A	The native language prompts in the INSTRUCTION CENTER.
P11	SOFTWARE VERSION	N/A	N/A	N/A	N/A	N/A	Software version is not editable, but only for display.
P12	UNITS	Metric	Metric	English	N/A	N/A	The measurement unit prompts for weight, distance, and speed.
P13	ERROR LOG	N/A	N/A	N/A	N/A	N/A	Error log is not editable, but only for display. Holding the Left and Right Arrow keys simultaneously to erase the error log.
P14	METS	OFF	ON	OFF	N/A	N/A	If this option is "ON", the METs prompt becomes an individual display in PROMPT AREA. If "OFF", there will be an alternate prompt in RPM and METs at the lower-right corner of the WORKOUT PROFILE WINDOW.
P15	RESET ALL	N/A	N/A	N/A	N/A	N/A	The function would clear all custom settings had stored on the unit and all settings return to manufacturer default value. Holding the Left and Right Arrow keys simultaneously to clear all custom settings values.

MAINTENANCE

Johnson Elliptical Trainer E8000 is built for commercial environment 12 hours a day and seven days a week. However, as a club manager or owner, you are responsible for cleaning and maintaining the unit's integrity. If you fail to maintain the elliptical trainer as described below, it could affect or void the Johnson limited warranty.

NOTE: Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear, such as display console, console mounting screws, handrails, link arms, pedal arms and pedals.

DAILY INSPECTION

Look and listen for loose fasteners, unusual noises, and any other indications that the equipment may be in need of service. If you notice any of these, obtain service.

DAILY MAINTENANCE

Johnson Fitness recommends the E8000 be cleaned before and after each workout. The following daily maintenance tips will keep your unit operating at peak performance:

1) Use a damp, soft cloth with water or mild liquid detergent to clean all exposed surfaces. DO NOT use ammonia, chlorine, or acid-based cleaners.
2) Keep the display console free of fingerprints and salt build-up caused by sweat.
3) Frequently vacuum the floor underneath the unit to prevent the accumulation of dust and dirt, which can affect the smooth operation of the unit.

MONTHLY MAINTENANCE

Perform the following services each month, or as needed:

1) Check that the console, handrails, link arms, pedal arms and pedals.

RECYCLING THE BATTERY

When the Johnson elliptical trainer is about to be discarded at the end of its useful life, the rechargeable battery must first be removed and recycled. If the elliptical trainer is being equipped with the battery. To access the battery, unscrew the cover on the back of the console. To remove the battery, disconnect the cable.

PRODUCT SPECIFICATIONS

	E8000
CONSOLE	
Display Screen	Workout Profile Window – 7" blue backlit graphic LCD display
	Instruction Center – 14-character red LED alphanumeric display
	Informational Display – 3 numeric 7-segment display (3 sets)
Display Readout	Time, Distance, Calories, Speed, Level, Watts, METS, Heart Rate, Profile
Programs	Manual, Interval+(Hill Interval, Random Interval), Goal+(Time Goal, Distance Goal, Calories Goal), Multi FX+(Constant Watts, Random), Heart Rate+(Target HR, Weight Loss), Fit Test, Warm Up, Cool Down
On-the-fly Program Change	Yes
Telemetric Receiver	Yes
Contact HR Sensors	Yes
Program Quick Keys	Yes
One-Touch Quick Start	Yes
Pause Time	30 seconds
Language Options	English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese
TECHNICAL DATA	
Resistance Technology	JID™ generator
Resistance Levels	20
Drive System	Two stage belt-driven
Stride Drive System	Forward and reverse
Stride Length	48 cm / 19"
Dimensions (L×W×H)	211 × 79 × 170 cm / 83" × 31" × 52"
Product Weight	168 kg / 370 lbs
Max User Weight	182 kg / 400 lbs
Power Requirement	Self-powered
SPECIAL FEATURES	
Handlebar Design	Multi-position dual action arms
Remote Operation Keys	Yes, equipped in the dual action arms
Pedals	Auto-positioning pedals with front safety fences
Integrated Reading Rack	Yes
Accessory Tray	Yes
ENTERTAINMENT SOLUTIONS	
JOHNSON® LCD TV Mount	Yes
Networking Capabilities	CSAFE-Ready, Finlinxx™ certified

*Product specifications are subject to change without notice.